

Norman Park Center

CV Senior Club

Mismatch Mixer Tea Dance

Thursday, March 4 1-3:30 pm

They are back! Billy Harper, the band with a beat. Wear your mismatched clothes and enjoy an afternoon of music, dancing, door prizes, and refreshments.

Cost: Club Member \$4.00 Non-Member \$5.00



CV Senior Club

Irish Stew Luncheon

Thursday, March 11 12 noon

Just bring a can of your favorite soup the day before and then join us on March 11th for a St. Paddy's version of Hobo Soup and dessert with your friends.

"Sure and 'tis a fine day for the wearin' o' the green!"

Cost: one can of soup and something green to wear

Ralph's Pharmacy Health Challenge

Wednesday, March 24 10:00 am

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- 2-3 Challenge your Health IQ at Ralph's at 659 East Palomar Street.
4 This 45 minute educational experience will give seniors a unique
5 opportunity to evaluate their own Health IQ through a mini
6-7 scavenger hunt. At the end, the pharmacist will provide you
8 with the answers and a free gift. Afterwards, walk to KFC with
9 Shani for lunch. Everyone pays for their own lunch.
9 You must Register In Advance at (619) 691-5086

Fall Prevention and Balance Screening

Friday, April 30 10:30am-12pm

- 10 Do you live with imbalance or dizziness? Learn about this problem
11 and it's potential solutions at this education and screening class.
11 This is a free program provided by a Sharp Healthcare Balance
12 and Vestibular Therapist. Please register at (619) 691-5087

Special Notices

Dental Health Talk and Screening

Monday, April 5th 10:00 am

This presentation will stress the importance of good dental and oral health. Alex Freeman D.M.D will discuss prevention for problems and offer a free screening.

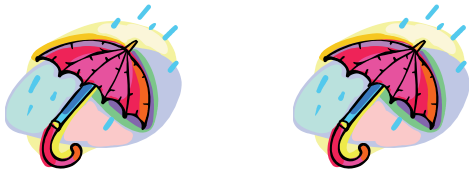
CV Senior Club San Diego County Fair Thursday, June 24th 8am-5pm

Save the Date! The Senior Club is sponsoring a trip to the County Fair this year. Register in person beginning Monday May 3.

Cost: Club Members \$20
Non-Members \$25

English Class Friday's at 1:00 pm

Join this class on Friday afternoons to improve or to begin using the English language. Evelyn Page is a wonderful instructor and the group has a fun time learning.



Holiday Closures

**Caesar Chavez Day —
Wednesday, March 31st**

**Visit the Recreation
Department website:**

www.chulavistaca.gov/rec



Senior Center Tour and Orientation

Thursday, March 11 & April 8 11:00 am

Learn about all the activities and services available at Norman Park and enjoy a guided tour of our facility. Meet in the conference room next to the main office.

Watercolor Painting Class

Mondays, April 5-June 14

Cost: \$70.00 for ten week session

Judy Helton is teaching a watercolor painting class. Students will learn a variety of techniques while working with the following subjects: still life, land, water, animals, flowers, and architecture. Supplies available in class.



Senior Pilates Program

Mon. & Wed. 7:30 - 8:30 am

Want to create a body that looks and feels ageless? Need to build strength and improve balance? Looking for ways to reduce or eliminate back and joint pain? Want to improve flexibility? Then pilates is for you! Receive a t-shirt with registration.

Cost: 4 weeks \$24.00 residents \$30.00 non-residents

TAI CHI

Wednesdays 9:30 - 10:30 am

Join Dan Mariano and our Tai Chi Class! Dan uses 8 Form Tai Chi and Qui Gong energy cultivation in the body. Each class starts with stretching and breathing and is great for helping seniors with that range of motion.

Cost \$3.00 Per session

Classic Film Series

Wed. March 3rd 1:00 pm - John Ford's classic that set a new standard for westerns. It made John Wayne a star! Outstanding cast with Claire Trevor, Thomas Mitchell, and John Carradine.

Wed. April 7th 1:00 pm - Movie based on Nazi efforts during World War II to steal secrets of U.S. atomic bomb development. Filmed in a documentary style with Lloyd Nolan, Signe Hasso, and William Eythe.



Special Notices



United Through Reading

Grandparent Program

Wed, April 7th 9:30am - 11:30am

The United Through Reading program allows grandparents to read a special book for their grandchildren and weave in family legacies while being recorded on DVD. United Through Reading brings all equipment and materials, including a small book collection. Grandparents receive their special DVD within minutes after recording.

Call for an appointment at (619)691-5086.

NP Ladies Group

Thursday, March 25th 11:00 am

Ladies let's get together and celebrate spring! Come on down and join us for lunch and a movie.

This event is free, but reservations are *required*. Call (619) 691-5086 or sign up at the center by March 22.

Heal Your Mind, Body, & Spirit Naturally

A Women's Wellness Center Seminar

Monday, March 22 10:00 am

Learn What you can do naturally to reduce the symptoms of degenerative illnesses (arthritis, diabetes, fibromyalgia, lupus, depression, anxiety, and others) and to reduce your risks of cancer and other life threatening illnesses.

Meals-On-Wheels Spaghetti Dinner

at Norman Park

Monday, March 22nd 5-8pm

Join us for a fun dinner as we bring awareness to the South County Senior Concerns. Help us end hunger!

Purchase tickets at the Meals-On-Wheels office;
270 F St., Suite 22.

Seniors: \$4.00 in advance Adults: \$8.00 in advance
\$5.00 at the door \$9.00 at the door

CASUAL CRAFTERS

Wednesdays 9:30 am

Join this crafting group and make items to donate to the Veterans Home and other assisted care facilities. Yarn donations are also greatly appreciated! For more info please contact Ana Carson at (619) 429-9656.

Receive the Newsletter at Home **By Mail:** \$7.00 per year.
Please make your check out to the City of Chula Vista.

MEN'S GROUP & LUNCH

Tuesday, March 9th

**Tuesday, April 13th
12:15 pm**

The Men's Group will discuss men's health and social issues. This group is led by Dr. Michael Rosenblatt.

Lunch will be served. Please register for this monthly activity by calling 691-5086. The physician is provided by Scripps Health.

OUT 2 LUNCH BUNCH

Wednesday, March 10th,

**Wednesday, April 14th
1:15 pm**



This group emphasizes making new friends and socializing. Everyone pays for their own lunch. Join us on the 2nd Wednesday of each month.

On March 10th, the group will have lunch at Jimmy's At The Park. On April 14th, the group will be eating at South Bay Fish And Grill.

Please call Shani at 691-5086 to register.

IT'S TIME TO DANCE!!

Country Line Dance

**Tuesdays 9:45 am Advanced
10:45 am Beginners**

Come learn Country Line Dance. It's a great way to exercise and socialize.

Fee: \$3.00 Residents \$3.75 Non-residents

Ballroom Dance

Mondays 1:00 pm



The ballroom dance class is looking for more members. Come enjoy this group with our lovely instructor Galina. She has been teaching at Norman Park for 8 years. As former doctor of sports medicine she knows how important it is to keep on dancing. Dancing will keep you mentally and physically sharp as well as improving balance and flexibility. The cost is \$2.00 for residents and

\$2.50 for non-residents.

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Health & Safety

Anna's Wellness Column

"You can either complain that rose bushes have thorns – or rejoice that thorn bushes have roses."

– Author Unknown

My mother, who is 85, was recently diagnosed with Alzheimer's disease. Although Alzheimer's disease still cannot be diagnosed 100% correctly until autopsy, doctors can run a series of tests and deduce Alzheimer's disease based on the results of those tests.

According to the Mayo Clinic, "Alzheimer's disease is the most common cause of dementia – the loss of intellectual and social abilities severe enough to interfere with daily functioning. In Alzheimer's disease, healthy tissue degenerates, causing a steady decline in memory and mental abilities. While it is not a normal part of aging, the risk increases with age; nearly 50% of people over the age of 85 have Alzheimer's."

Unfortunately, there is no cure and many of the medications that can effectively slow the progression of the disease can have side effects such as loss of appetite and nausea that will cause a person to choose to suffer the consequences of non-treatment rather than the side effects of the drugs.

I noticed my mom was having difficulty remembering things and finding words to express her thoughts. I took her to the doctor and asked him to schedule an appointment with a neurologist, who confirmed my suspicions.

I will continue the discussion about Alzheimer's in my next column. For now, it's a mixed blessing for me, bringing my family closer together and making me appreciate life more

Fitness Center

The Fitness Center is staffed with certified fitness trainers and has treadmills, elliptical cross trainers, bicycles, strength equipment, free weights, balls and bands. Trainers will instruct on how to use all equipment and will design personal training programs as part of your membership.

Membership and equipment orientation is required to use the fitness center.



- April, May, June

\$28 Residents

\$56 Non-residents

- March ONLY \$10.00

For Fitness Center hours and orientation times see page 12.

Scripps Health Talks

***Presented by the**

Scripps Family Residency Program*

Refreshments Served.

Please Register in Advance.

Skin Health

Monday, March 8th 10:00 am

Join us and learn about skin changes as you age and how to properly care for your skin.

Women's Health Concerns

Monday, April 12th 10:00 am

Increase your health awareness about changes that occur in your body over the ages of 50.

Daily Events


Group	Day	Time	Group	Day	Time
Art-Watercolors (Begins April 15th)	M	9:00 am	Exercise (Pilates)	M, W	7:30 am
Bereavement (San Diego Hospice)	Th	1:00 pm	Quilting	Tu	1:30 pm
Blood Pressure (Red Cross)	F	8:30 am	Scrabble	M, W, F	12:30 pm
Bridge-Chicago	M, F	12:00 pm	Shuffleboard	Tu & Th	9:00 am
Bridge-Duplicate	W	12:30 pm	Singing Seniors	Tu	1:30 pm
Bridge-Round Robin	Th	12:00 p	Spanish	W, F	9:45 am
Casual Crafters	W	9:30 am	Spanish, Conv.	M,W,F	10:00 am
Computer and Camera Club	W	1:00 pm	TOPS	F	12:00 pm
Computer Lab	W	12:00 pm	Ukulele Class	Tu	10:00 am
Computer Lab	F	10am-12 pm	World Affairs	M	10:00 am
Computer Lab	F	1:00 pm	Yoga (Chair)	W	7:15 pm
Creative Writers	Tu	2:00 pm	Yoga	Th*	5:00 pm
Dance-Ballroom	M	1:00 pm	Yoga	F	8:00 am
Dance-Line/Adv.	Tu	9:45 am	* No class the first Thurs of March and April * Yoga Thurs pm		
Dance-Line/Beg.	Tu	10:45 am			
Dance (Tues. Night)	Tu	6:30 pm	Cost: \$30.00 or \$5.00 per class		
Dance- Square (Calico Twirlers)	F (1st-3rd)	7:00 pm	Line Dance	Tue	\$3/\$3.75 resident/non resident
ESL	F	1:00 pm	Night Dance	Tue	\$5 for all
Exercise	M- Th	8:00 am	Square Dance	Fri	\$5 for all
Exercise (Longevity Stick)	Tu/Th	9:00 am	Strength Tr.	Wed	\$1/\$1.25
Exercise (Longevity Stick)	Sa (Marina)	8:00 am	Ballroom Dance	Mon	\$2/\$2.50
Exercise	W	6:00 pm	Pilates	Mon, Wed	\$24/\$30 - 4 Wks
(Strength Training)			Water Colors	Mon	\$70 - 10Wks





Classes Requiring Pre-registration

Name	Date	Day	Time	*Cost	Call to Register
AARP Driver Safety Program	Mar. 17 & 19 Apr. 16 & 21	W & F	12:30 pm	\$14.00	(619)641-7020

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
				1 1:00 CV Senior Club "Guys and Dolls" Tea Dance 6:30 Coin Club 7:00 SOBARS	2 10:00 Intro to Computers 1:00 Movie Time Rm 9	3 Fitness Center Open Every Saturday 8:30-11:00
4 9:00 Watercolor Class begins 10:00 "Good Dental Health" with Dr. Freeman	5 10:00 Parkinson's Disease Support Group	6 9:30-11:30 United Through Reading conf rm 1:00 Classic Film Series	7 11:00 Newcomers 12:00 CV Senior Club Birthday Party	8 11:00 American/Korean Group Rm 9,10	9 10:00 Intro to Computers 1:00 Movie Time Rm 9	10
11 10:00 Health Talk "Women's Health Concerns" rm 10	12 12:15 Men's Group Lunch rm 7 12:45 Investors Club 6:30 CV Senior Club Dance	13 12:00 Club Amistad rm 9-11 1:15 Out 2 Lunch Bunch	14 8:30 Vision Support Group 11:45 Garden Club Rm 9-11	15 12:30 AARP Driver Safety Program Rm 10	16 12:00 Club Amistad Board Meeting Rm 9,10	17
18	20 12:30 La Ronda rm 9,10 1:30 Sing-A-Long Fireplace 6:30 CV Senior Club Dance	21 10:00 CV Senior Club Board meeting 12:30 AARP Driver Safety Program rm 10	22 10:00 Wii Bowling rm 11	23 12:00 Club Amistad Board Meeting Rm 9,10	24	
25	26 6:30 CV Senior Club Dance	27 12:00 Chula Vista Art Guild	28 12:00 Billiards Tournament	29 10:30 Fall Prevention Class and Screening Rm 10	30	

NOTICE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	10:00 Parkinson's Disease Support Group 6:30 CV Senior Club Dance	1:00 Classic Film rm 11	1:00 CV Senior Club "Mismatch Mixer" Tea Dance 6:30 Coin Club rm 9-10 7:00 SOBARS rm 11	10:00 Intro To Computers 1:00 Movie Time Rm9	Fitness Center Open Every Saturday 8:30-11am	
7	8	9	10	11	12	13
10:00 Health Talk "Skin Health" Rm 10	12:15 Men's Group Lunch Rm 7 12:45 Investors Club 6:30 CV Senior Club Dance	12:00 Club Amistad Rm 9-11 1:15 Out 2 Lunch Bunch 2:45 Commission on Aging	11:00 Newcomers 12:00 CV Senior Club "Irish Stew Luncheon"	11:00 American Korean Group Rm 9,10		
14	15	16	17	18	19	20
Daylight Savings Time Begins	12:30 La Ronda Rm 9,10 1:30 Sing-along Fireplace 6:30 CV Senior Club Dance	10:00 CV Senior Club Board Meeting 12:30 AARP Driver Safety Program Rm 10	8:30 Vision Support Group 11:45 Garden Club rm 9-11	12:30 AARP Driver Safety Program Rm 10		
21	22	23	24	25	26	27
10:00 Women's Wellness Center Talk "Heal Your Mind, Body & Spirit Naturally"	6:30 CV Senior Club Dance	10:00 Ralph's Health Challenge 12:00 Chula Vista Art Guild Rm 9-11	12:00 Billiards Tournament	12:00 Club Amistad Board Meeting Rm 9,10		
28	29	30	31			Page 6
		6:30 CV Senior Club Dance	Closed For Caesar Chavez Day			

Around Town Classes

Salt Creek Rec. Center

2710 Otay Lakes Rd. 585-5739

Table Tennis Wed 1:30 pm - 3:00 pm
Call For Details

Fitness Room

Mon-Sat 8am-9:45pm

Sun. 12-4:45pm

Fee: \$25 per quarter/residents.

Yoga

Mon. Wed. 6:30-7:20 10 weeks

Fee: Call For Fee

Veterans Park

Recreation Center

785 E. Palomar 691-5260

Line, Ballroom, Salsa, Cha Cha, Merengue dancing, Yoga and Art classes offered.

Call center for days and fees.

Feeling Fit Exercise: Strength, Balance & Flexibility *Free

Tues./Thurs., 2:00 pm - 2:30 pm

Heritage Comm. Ctr.

1381 E. Palomar St. 421-7032

Aerobics

Tu / Th 9-9:50 am Call for Fee

Parkway Family

Aquatic Center

385 Park Way 691-5088

Lap Swim

M, W, F 9am to 3 pm, 11 to 1 pm

T, Th 11:00 am - 1:00pm

7:00 pm-8:30

Sat 1:00-4:00 pm

Call For Fees

Loma Verde Family

Aquatics Center

1420 Loma Ln. 691-5081

Lap Swim

Mon- Fri

6:00 - 7:30 am

5:00 - 7:00 pm

Mon-Fri

11:00 - 1:00 pm

Water Aerobics

Call for fees

M W F 11:00 - 12:00 pm Water-walking

12:00 - 1:00 pm Deep Water Aerobics

Masters Swim Program 6-7:15 am MWF

J St. Marina Park

Tai Chi

Saturday

9:00 - 10:30am

Southwestern College **Classes**

Through April 13

Body Dynamics and Aging Process

St. John's Church

760 First Ave.

Tues./Thurs.

10:45am - 12:15pm

Instruction and conditioning for the maintenance of physical well-being. This class is free and seniors may join at anytime.

For info call John Acosta, (619) 426-6736.

Body Dynamics and Aging Process in Spanish

"Seniors on Broadway

845 Broadway ste. 105

Los Martes, Miércoles, y Jueves

De 2:00 pm a 3:30 pm

Personas con movimiento limitado, artritis, Diabetes, mejorar la circulación de sangre, el balance para prevenir caídas. Pueden hacer ejercicios, balance y estiramiento del cuerpo. Para adultos de todas las edades.

Special Notice



Income Tax Preparation Assistance



The AARP income tax volunteers will assist low income seniors in filling out federal and state forms until April 15th. This service is provided free of charge. Call ahead appointments are filled for this year. Walk in appointments are still available on Friday mornings. Be sure to bring all supporting documents: W-2, last years return, social security statement, and bank statements, etc.



Special Notices



Women's Wellness Center

The Women's Wellness Center is now offering services at Norman Park on the 2nd floor. This non-profit organization offers assistance for both women and men to prevent or help alleviate chronic health conditions such as arthritis, diabetes, lupus, depression, and cancer. Please call (619) 425-5927 for more information.

Parkinson's Disease Support Group

Every First Tuesday 10:00 am

A new Parkinson's support group meets every first Tuesday in the Norman Park Conference Room. For more information please call Flora at (619) 420-0076

INTRO. TO COMPUTERS

Fridays, March 5th & April 2nd

10-12:00pm

This preview provides a hands-on introduction to computers using the Windows operating system. Basic components of a computer, the Windows Systems and controlling a mouse will be discussed. Free! Pre-registration is required. This class is designed for persons with NO computer skills/experience.

Computer Corner

Senior Tech

Senior Tech Membership: \$10/yr

Class Fee: (all 4 week classes)

\$22 (residents) \$28 (non-resident)

Beginning Computer Classes

Thursday, March 4, 11, 18, 25 9:00am-Noon

Monday, April 5, 12, 19, 26 1:00pm-4:00pm

Tuesday, May 4, 11, 18, 25 9:00 am– Noon

This series of courses starts with the basics.
Materials are Based on Windows XP

Intro to Internet:

Tuesday, March 2, 9, 16, 23 9:00am-Noon

Thursday, April 1, 8, 15, 22 1:00-4:00 pm

Monday, May 3, 10, 17, June 7 9:00am-Noon

Intro to Email:

Tuesday, April 6, 13, 20, 27 9:00am-Noon

Digital Photos and Stuff:

Thursdays, April 1, 8, 15, 22 1:00pm-4:00pm

Thursdays, April 29, May 6, 13, 20 1:00pm-4:00pm

Challenge Test

Do you feel you know enough about computers to be able to test out of the beginning classes? If so, pick up a challenge test at The Norman Park office and go to the Senior Tech lab on one of the times listed below and take the challenge test.

Lab Hours

Wednesday 1:00 - 3:00 pm

Friday 10 - 12 pm & 1 - 3 pm

Computer Class members may use the lab during hours listed.

Private Instruction

\$10 per session \$12.50 non-resident,

One on one instruction is available for Powerpoint, Internet, and Review of Basic Computer Skills. Ask in office for details.



Class schedules are available at Norman Park Center

Club News

Thanks For your Promptness...

In signing up for your 2010 Chula Vista Senior Club Membership!

A hearty THANKS to those who have already got your membership card for this year. Also a special THANKS to those of you who have stepped forward to offer help and/or participate in any way!

Carry your card with you, because a majority of Club events will offer discounts to members!

Trip Program

The Club has arranged with Day Trippers Tours to book through us at Norman Park. The Trip office is now open on Monday, Tuesday, and Thursday from 10:00am to 2:00pm. Upcoming trips are:

Fabulous Palm Springs Follies

Saturday, March 6 Cost: \$110.00

Glory of Easter Pageant at the crystal Cathedral

Saturday, March 27 Cost: \$99.00

Springtime in Joshua Tree National Park

Wednesday, April 28 Cost: \$59.00

Guitar Class

Tuesdays 12 noon \$5.00

The Senior Club is sponsoring a weekly guitar class on Tuesdays at 12pm. Bring your guitar and enjoy this new class with instructor, Robert Rivera.

Cost: \$5.00 per class

Birthday Party

Thursday, April 8th 12:00 pm

Join us for our birthday celebration. Cake and ice-cream will be served.

March and April birthday folk are free,
all others pay \$1.00

"Guys And Dolls" Tea Dance

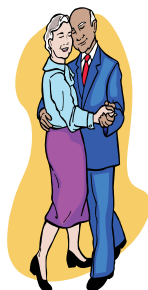


Thursday, April 1

1:00 pm

Tuesday Night Dance Tuesdays 6:30 pm

Join this great group every Tuesday Night for music and dancing!



****\$5 at the door****

Mar. 2nd - "Windy Bill"

Mar. 9th - "Quinquagesima"

Mar. 16th - "Wearin'-O-Da-Green"

Mar. 23rd - "International Goof Off Day"

Mar. 30th - "Easter Hat Parade"

Apr. 6th - "Twinkie"

Apr. 13th - "Walk on the Wild Side"

Apr. 20th - "Wish Upon A Star"

Apr. 27th - "Formal Night"



Movie Time!

Friday, March 5th 1:00 pm

Hilary Swank and Richard Gere star in this biopic tracing the life of the famed aviator Amelia Earhart, who became famous in 1932 by becoming the first woman never to fly solo across the Atlantic Ocean.

Friday, April 2nd 1:00 pm

Taken in by a well-to-do family and offered a second chance at life, a homeless teen grows to become a first round draft pick. This sports-themed comedy drama stars Sandra Bullock and Tim McGraw

Popcorn will be served!



Special Notices

Above And Beyond

Kay Bodge is our volunteer exercise and yoga instructor at Norman Park. She goes way above and beyond as a volunteer! Currently she teaches 8 classes of physical fitness and yoga each week. In addition she's a volunteer instructor at the C.V. Veteran's Home and at the Glenner Alzheimer's Day Care facility.

Kay was born in Denison, Texas; but has lived in National City for 60 years. She is a graduate at Sweetwater High School, San Diego State, and has an MA from Azusa Pacific. Her and her husband, Gerry have been married for 45 years and have 3 children, 6 grandchildren, and 2 great grandchildren. Her parents are living as well, in national City. Her mother has assisted in Kay's yoga class for over 13 years.

Kay recently retired from a 40 year teaching career with the Sweetwater High School District. Now in her "spare" time she enjoys watching the Food Channel and cooking, looking for bargains at thrift stores, reading, making jewelry, and being a long time Charger fan with season tickets since 1978. Kay has been quoted as saying "Norman Park is my home away from home" and all the staff and participants are glad it is!

Committees, Committees, Committees! **We need you on one!**

First of all our Club's "Squeaking Wheel Committee" has successfully petitioned for a 4-way stop sign at the corner of F St. and Del Mar.

Second, our 'Senior Helping Seniors' scholarship committee is working to assist seniors in furthering their education.

Third, the Club By-laws: it has been a while (04) since they have been reviewed and updated. If you have experience in this field please give us a hand!



BILLIARDS TOURNAMENT

12:00 pm

Thursday, March 25th

Thursday, April 29th

The sign up sheet is in the Pool Room.



Count the Hearts

The January/February Newsletter was loaded with 42 Hearts! Congratulations to the winners:

Mary M. Peterson
Rosemary Haas
Jerrie Smith

Count the "Umbrellas" Contest! **Three winners will be drawn**

Count the Umbrellas Contest

Name:

Phone:

Number of Umbrellas:



Center Operations

Senior/ Human Services Supervisors

Recreation Supervisor III Kathy Wigginton

Senior/ Human Services Staff

Michele Schlanbush	Kristen Johnson
Jim Craig	Frank Martinez
Shani Crawley	Danette Myers
Terris Lerma	Yadira Sanchez
Adolfo Herrera	Anna Solis
	Mike Domingo

Phone Numbers

Receptionist:	691-5086
Hostess Desk:	691-5023
Trip Office:	476-5356
Information & Referral	691-5087

Hours of Operation

270 F St. Chula Vista, Ca. (619) 691-5086
Monday thru Friday 8:00 am– 4:00 pm

Fitness Center Hours

Mon., Wed., Fri. 10:30 am - 2:00 pm

Tues., Thurs., 8:00 am - 11:30 am

5:00 pm– 7:00 pm Mon-Thurs.

8:30 am– 11:00 am on Saturday

Free orientations Mon. - Fri. at 11:00 am, Mon-Thurs. at 5:30 pm, and Saturday at 9:30.

Pre-registration for orientation is recommended.

As a recipient of federal funds, the City of Chula Vista cannot discriminate against anyone on the basis of race, color, sex, religion, national origin, age, mental or physical disability. If anyone believes he or she has been discriminated against, he or she may file a complaint alleging the discrimination, with either the City of Chula Vista Recreation Department or the Office of Equal Opportunity, U.S. Department of the Interior, Washington D.C. 20240.



Recreation Department
Norman Park Senior Center
270 "F" Street
Chula Vista, CA 91910